

## Great Turkey Sandwiches

*There are so many ways to serve a turkey sandwich!*

*If you don't have leftover turkey, use deli turkey.*

Barbecued Turkey Sandwich—Place turkey slices, barbecue sauce and a slice of American or colby cheese on bun. Heat in microwave and serve.

Turkey Pita—Combine chopped turkey with low- fat mayonnaise and small amount of pickle relish. Stuff turkey into pita bread. Add a slice of tomato and shredded lettuce.

- I Turkey Tacos—Toss shredded turkey with taco sauce. Warm in microwave or skillet. Fill tortillas with turkey and shredded cheese. Top with chopped onions, tomatoes and shredded lettuce.

Turkey Ruebens—Arrange turkey slice, swiss cheese, sauerkraut and thousand island dressing between two slices of rye bread. Lightly spread margarine on outside of bread. Fry on both sides until cheese melts.

Cranberry Turkey Sandwich—Serve leftover turkey on buns. Top with cranberry sauce and shredded lettuce.

Turkey Club—Top toast with turkey slice, ham slice, lettuce and tomato. Spread lightly with low fat mayonnaise.

Toasted Turkey Sandwich—Toast an English muffin. Top with a slice of turkey, tomato and American cheese. Heat in oven until cheese melts.

Guacamole Turkey Sandwich—Layer slices of turkey, provolone cheese and tomato on whole wheat bread. Top with shredded lettuce and guacamole.

What about Cranberry Sauce?

Cranberry sauce can also be used on turkey sandwiches instead of mayonnaise. It has no fat, is low in salt, and it has a great flavor! Just be sure to use a small amount. Cranberry sauce is high in sugar and calories. Just ½ cup has 220 calories. That's about the same amount of calories in a candy bar.